

Plant-Based Athlete Nutrition

This playbook provides steps on how to follow a plant-based diet for athletes aiming to ensure adequate nutrition and maintain high performance in sports.

Step 1: **Consultation**

Consult with a sports dietitian or nutritionist who has experience with plant-based diets to ensure your dietary choices align with your performance and health goals.

Step 2: **Nutritional Education**

Educate yourself on the essential nutrients needed for athletic performance, such as protein, fats, carbohydrates, vitamins, and minerals, and understand how to source them from plant-based foods.

Step 3: **Meal Planning**

Create a meal plan that includes a variety of whole foods, such as fruits, vegetables, legumes, whole grains, nuts, and seeds, to provide a full spectrum of nutrients.

Step 4: **Protein Focus**

Pay extra attention to plant-based protein sources such as lentils, chickpeas, tofu, tempeh, and quinoa to ensure you meet your protein requirements for muscle repair and growth.

Step 5: **Supplementation**

Identify nutrients that may be challenging to obtain from a plant-based diet, like vitamin B12, iron, zinc, calcium, omega-3 fatty acids, and vitamin D, and consider appropriate supplementation if needed.

Step 6: **Hydration**

Ensure adequate hydration, especially around training sessions, as plant-based diets can be high in fiber and can increase water needs.

Step 7: **Monitor Performance**

Regularly monitor your performance, recovery, and overall wellbeing, adjusting your diet as necessary in response to your body's feedback.

General Notes

Diversity

Aim for a colorful plate with a variety of plant foods to ensure a wide range of nutrients.

Portion Sizes

Adjust portion sizes according to your training intensity and body's energy demands.

Food Preparation

Learn how to properly prepare and cook plant-based foods to enhance nutrient availability and absorption.

